

PILATES SPORTS CENTER

Teacher Training Programs & Workshops

Pilates Sports Center is proud to uphold a level of excellence in Pilates Education. The Directors are Nationally Certified Pilates Teachers and NPCP Continuing Education Providers. Graduates of a Comprehensive Program that includes Pilates Barrels will meet the criteria for, and be prepared to take, the Nationally Certified Pilates Exam (NPCP)

Burn at the Barre™

- Become a Barre Teacher
- Become a Barre Master Teacher
- Host a Barre Teacher Training

In Person or Home Study Programs
EMAIL 818 788 8112

Become a Pilates Sports Center Affiliate - Master Trainer

Host your own professional Pilates Teacher Training Program and Workshops. Align yourself with a growing and innovative group of people. Pilates Sports Center offers training and support. Home study program followed up with one-on-one coaching and testing. Watch our informative videos:

[Master Trainer Videos](#)



Pilates Sports Center International, Inc.
 Kelli Altounian & Andromeda Stevens, DC
 Directors / Founders

- Corp Headquarters: 24282 N. 78th Ave. Peoria AZ 85383
 Director of Business Development Art Altounian 818-231-6777
www.PilatesSportsCenter.com
Info@PilatesSportsCenter.com
[TWITTER](#) / [INSTAGRAM](#) / [FACEBOOK](#)
[YOUTUBE](#) / [JOB BOARD](#)
[Pilates Sports Center Channel / Membership](#)

- Studio Headquarters: 16430 Ventura Blvd. #108 Encino, CA 91436
 Studio 818-788-8112
www.WellnessCenterofEncino.com
WellnessCenterofEncino@gmail.com



INDEX:

VISIT OUR WEB SITE

WWW.PILATESSPORTSCENTER.COM

LOCATIONS WORLDWIDE

NATIONWIDE RATES

(price by location may vary - please inquire at your location)

Comprehensive Program:
\$6,900.00 (Mat & Apparatus)

Modules:

- Fundamentals / Philosophy
("Nuts and Bolts") is required
\$400
- Mat \$1800
- Reformer \$2700
- Cadillac \$1400
- Chair \$1400
- Barrels \$400**

**as an additional workshop

NPCP CECs in 2024:

Mat = 16 NPCP CECs

Apparatus = 16 NPCP CECs

Barrels = 16 NPCP CECs

Pregnancy = 16 NPCP CECs

Scoliosis = 16 NPCP CECs

LOCATIONS NATIONWIDE / INTERNATIONAL:

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Location

Encino, CA
FLAGSHIP LOCATION

Studio

Wellness Center of Encino / PSC

Address

16430 Ventura Blvd Suite 108 Encino
CA 91436

Contact

Call or Text: (323) 252-0605
www.PilatesSportsCenter.com
PilatesSportsCenter@gmail.com

Instructor Information

Helena Hultberg Talman
NPCP ID: 1061
BURN AT THE BARRE™ Master
Trainer
helenatalman09@gmail.com

Dr. Andromeda Stevens, D.C.
PSC CO-DIRECTOR/FOUNDER
NPCP ID: 10112
BURN AT THE BARRE™
Master Trainer
WellnessCenterofEncino@gmail.com

Graduates of a Comprehensive Program that "INCLUDES Barrels will the meet criteria for, and be prepared to take, the Nationally Certified Pilates Exam (NPCP) (Formerly known as the Pilates Method Alliance Certification Exam)

PRIVATE PROGRAMS ARE AVAILABLE!
PLEASE CONTACT US



PILATES CERTIFICATION:



IN STUDIO OR VIRTUAL OPTIONS (must have access to equipment)

Spring 2025 Pilates Certification Live or Virtual
Schedule:

Fundamentals: Feb 12th & 14th 2025 12-4pm

Mat: Feb 15th (Sat) - March 5th (12-4pm)

Reformer: March 5th-April 16th (12-4pm Wed & Fri & Sat April 12th 12noon-4pm)

Cadillac: April 16th - May 2nd (12-4pm Wed & Fri)

Chair: May 2nd - May 16th (12-4pm Wed & Fri & Sat May 3rd 12-4pm)

Review & Test out: May 16th and 21st

FEES

Comprehensive Program Includes:

(Fundamentals, Mat, Reformer, Cadillac, & Chair)
\$6,900.00 (Minus \$500 Non Refundable Deposit)

Modular Programs (one part at a time):

(Minus Non-Refundable Deposit of \$100 for any single module)

Nuts and Bolts / Philosophy - "Fundamentals" \$400 (required)

Pilates Mat \$1,800 (Fund and Mat = 2,200 total)

Reformer \$2,700 (Mat and Reformer only = 4,900 total)

Cadillac \$1,400

Chair \$1,400

Total = \$7,700.00 total if taken in Modules.

16 NPCP CECS for this program

APPLY HERE:
[APPLICATION LINK](#)

PRIVATE PROGRAMS ARE AVAILABLE! PLEASE US - SEE THE SIDEBAR FOR CONTACT INFO

WORKSHOPS STREAMING/DIGITAL:Pregnancy and Pilates Workshop & Certification ProgramDigital Distance Learning

The Program will include: Pilates Props, Mat, Reformer, Cadillac/Trapeze Table and Wunda/ Combo Chair

Repertoire for the Pre & Post Natal client / Medical anatomical terminology / Ethics and scope of practice / 16 NPCP CEC's \$249. Optional: \$50 Exam fee if Assessment Based Certificate/ Diploma is desired [ENROLL](#)

Pilates Barrels \$150 ON SALE <https://www.digital.pilatessportscenter.com/shop/150342>

Learn the ladder barrel, small barrel/baby arc and the spine corrector to add to your studio repertoire. All classical material. (16 NPCP/NPCP CECs)

Foot and Toe/Small Apparatus \$75 ON SALE <https://digital.pilatessportscenter.com/shop/150947>

The Classical repertoire on Pedi-Pull, Foot/Toe Corrector, Sand Bag and 2X4. Learn exercises and variations for all levels and abilities and develop skills to incorporate the small apparatus work effectively into Pilates sessions. This workshop is a compliment to the PSC Teacher Training Programs. (16 NPCP/NPCP CECs)

Scoliosis: Level I

A 6-8 hour workshop exploring the causes of scoliosis, issues that can exacerbate its curvatures, and ways to attain better function, posture, and pain-free movement. Learn what to avoid and what to focus on to assist scoliosis clients in reducing pain while increasing functionality in the Pilates environment. Includes scope of practice, anatomy discussion, practical demonstrations, plus a take home reference-workbook that make this a valuable and applicable workshop. Dr Andromeda Stevens, D.C. 16 NPCP CEC's \$99 https://vimeo.com/ondemand/LevelI_Scoliosis2023

[LevelI_Scoliosis2023](https://vimeo.com/ondemand/LevelI_Scoliosis2023)

\$99. For Comprehensive Handout - Email: ScoliosisCoach@gmail.com

Scoliosis Level II Certificate Program

Level I as pre-req. A 12 hour expanded program exploring the causes of scoliosis, issues that can exacerbate its curvatures, and ways to attain better function, posture, and pain-free movement. We also cover scoliosis fusions. Learn what to avoid and what to focus on to assist scoliosis clients in reducing pain while increasing functionality. Includes scope of practice, anatomy discussion, practical demonstrations, plus a take home reference-workbook that make this a valuable and applicable workshop. A comprehensive test out earns you a diploma and website listing as a scoliosis specialty Pilates teacher. By: Dr Andromeda Stevens, D.C. Digital Download <https://vimeo.com/ondemand/ScoliosisLevel2> \$150

16 NPCP CEC's \$250 Live - Dates TBA Email: ScoliosisCoach@gmail.com

NPCP/PMA CECs:

Mat = 16 NPCP CECs

Apparatus = 16 NPCP CECs

Barrels = 16 NPCP CECs

Pregnancy = 16 NPCP CECs

Scoliosis = 16 NPCP CECs

Location

Megan Drake (Kirk) - Pilates Training Co - Franklin NC - Valencia CA.

Address

26267 Prima Way, Santa Clarita, CA 91350

Contact

Megan Drake
tel: 661-406-8312
email: pilatestrainingco@gmail.com
site: <https://pilatestrainingcompany.com/about/>
FB: <https://www.facebook.com/pilatestrainingco>
IG: @pilatestrainingco
www.pilatestrainingcompany.com/link-in-bio

Instructor Information

Megan Drake 17244 NPCP #

NPCP CECS in 2023:

Mat = 16 NPCP CECS
Apparatus = 16 NPCP CECS
Barrels = 16 NPCP CECS
Pregnancy = 16 NPCP CECS



WEST COAST

Weekends: Some Fridays 12-4pm PT / Saturdays & Sundays 9am-3pm PT

Pilates Fundamentals and Philosophy

Date of workshop: August 12-13th, 2023

Description: An internationally recognized Professional Pilates program. An extensive alignment and cueing protocol from head to toe to cohesively instruct a client. This workshop is the basis of all of PSC's Teacher Training Programs. It includes the Pilates philosophies collected from many teachings and also covers terminology and basic anatomy. This is the "Nuts and Bolts" of all skilled teaching – Required for PSC's Mat Pilates Program and modules.

Mat Pilates Teacher Training (Mat and Small Apparatus Workshop)

Date of workshop: August 13 – Sept 9th, 2023

Description: An internationally recognized Professional Pilates program that incorporates Classical and Progressive styles. Mat Pilates is the foundation of any Pilates Program is a pre-requisite for the PSC Comprehensive Program (Reformer, Cadillac, Chair & Barrels). You will attend the first 3 weeks of a Full Program.

Pilates Reformer Teacher Training (Large Apparatus Workshop)

Date of workshop: Sept 9 – Oct 21st, 2023

Description: An internationally recognized Professional Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Learn about the equipment and safety as well as anatomy modules throughout the program. Approx. 6 weeks

Cadillac Pilates Teacher Training (Large Apparatus Workshop)

Date of workshop: Oct 21st – Nov 17th, 2023

Description: An internationally recognized Professional Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Learn about the equipment and safety as well as anatomy modules throughout the program. Approx. 3 weeks.

Wunda Chair Pilates Teacher Training (Large Apparatus Workshop)

Date of workshop: Nov 18 – Dec 9th, 2023

Description: An internationally recognized Professional Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Learn about the equipment and safety as well as anatomy modules throughout the program. Approx. 2.5 weeks.

Finals: Dec 9-10th, 2023 / August 12-13 / August 26-27 / Sept 8-10 (Friday Included) / Sept 22-24 (Friday Included) / Oct 6-8 (Friday Included) / Oct 20-22 (Friday Included) / Nov 4-5 / Nov 17-19 (Friday Included) / Dec 9-10

Location:

Mat is All Virtual
Equipment is In Studio at:
Movement of Pilates - Santa Clarita, CA
OR
Pilates Training Company - Franklin, NC
OR Virtual Option



WORKSHOPS:

Pilates Barrels Teacher Training (Large Apparatus Workshop)

Date of workshop: TBA

Description: An internationally recognized Professional Pilates program. A Pilates Barrels Course may be added to any Full Program for eligibility to apply for the NPCP Certification Exam® or to add to your repertoire of teaching. The course includes: the Pilates Spine Corrector, Small Barrel/Baby Arc, Ladder Barrel for a total of (approx.) 12 hours Price: \$400 (plus \$50 for test out if diploma is required) / 16 CECS

Location

Bakersfield, CA

Studio

Poise Pilates+Barre

Address

1800 21st Street, Suite A
Bakersfield, California

Contact

(661) 864-7977

[http://
www.poisepilatesbarre.com/
contact/](http://www.poisepilatesbarre.com/contact/)

nicole@poisepilatesbarre.com

callie@poisepilatesbarre.com

Instructor Information

Callie Spitzer

*Graduates of a Comprehensive Program that
"INCLUDES Barrels will the meet criteria for, and
be prepared to take, the Nationally Certified
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NPCP CECS in 2022:

Mat = 16 NPCP CECS

Apparatus = 16 NPCP CECS

Barrels = 16 NPCP CECS

Pregnancy = 16 NPCP CECS

Scoliosis = 16 NPCP CECS

WEST COAST

Bakersfield, CA:

PILATES TEACHER TRAINING:

Pilates Fundamentals and Philosophy

WORKSHOPS:

Pilates Barrels Teacher Training

Date of workshop: TBD, 2021

Description: An internationally recognized Professional Pilates program. A Pilates Barrels Course may be added to any Full Program for eligibility to apply for the NPCP Certification Exam or to add to your repertoire of teaching. The course includes: the Pilates Spine Corrector, Small Barrel/Baby Arc, Ladder Barrel. Price: \$400 (plus \$50 for test out if diploma is required) / CECs NPCP 16



Location

Studio City, CA

Studio

Pilates Studio City

Address

11650 Riverside Drive Suite 1 & 2, Studio City, CA 91602

Contact

Call (818) 509-0914
www.PilatesStudioCity.com
info@pilatesstudiocity.com

Instructor Information

Lora Pavilack
NPCP ID# 10400

Nikki Alstedter NPCP# 10623

Class Schedule

Wed & Fri 1 - 5:00pm

Other Instructors at Location

Jennifer Kornfeld
NPCP ID 12769
jenniferkornfeld@gmail.com

Marcy McCusker
mccusker8@hotmail.com
NPCP ID: 13549

NPCP CECS in 2022:
Mat = 16 NPCP CECS
Apparatus = 16 NPCP CECS
Barrels = 16 NPCP CECS
Pregnancy = 16 NPCP CECS
Scoliosis = 16 NPCP CECS



WEST COAST:

Studio City, CA:

TEACHER TRAINING:

VIRTUAL PROGRAM:

Nuts and Bolts & Pilates Mat Online
Tuesdays & Saturdays (times TBA)

Pilates Fundamentals and Philosophy Workshop

WORKSHOPS:

Pilates Barrels Teacher Training Workshop

Description: An internationally recognized Professional Pilates program. A Pilates Barrels Course may be added to any Full Program for eligibility to apply for the NPCP Certification Exam® or to add to your repertoire of teaching. The course includes: the Pilates Spine Corrector, Small Barrel/Baby Arc, Ladder Barrel for a total of (approx.) 12 hours Price: \$400 (plus \$50 for test out if diploma is required) / CECS NPCP 16

Location

.....
Studio City, CA

Studio

.....
Core Lotus

Address

.....
Studio City, CA

Contact

.....
mfelbinger@gmail.com
sarahskaer@gmail.com

Instructor Information

.....
Michael Felbinger
NPCP ID: 13024

Sarah Skaer NPCP ID: 13023

Class Schedule

.....

WEST COAST:

Studio City, CA

PILATES TEACHER TRAINING:



Location

Riverside, CA

Studio

The Pilates Co.

Address

9350 Magnolia Ave
Riverside, CA 92503

Contact

<https://www.thepilatesco.com>

Tricia Hill

pilatesgirl@hotmail.com

+1 (951) 640-4630

WEST COAST:

RIVERSIDE, CA

Pilates Co.

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Certification Exam™)*

Location

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Studio

.....

Address

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Contact

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Instructor Information

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Class Schedule

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WEST COAST:

PILATES TEACHER TRAINING

Location

Beverly Hills, CA

Studio

Align Beverly Hills Pilates

Address

Contact

310 - 854 - 0950

<http://www.alignbhpilates.com>

alignbhpilates@gmail.com

Instructor Information

Julie Amick

NPCP ID: #15523

Class Schedule

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NPCP CECS in 2022:

Mat = 16 NPCP CECS

Apparatus = 16 NPCP CECS

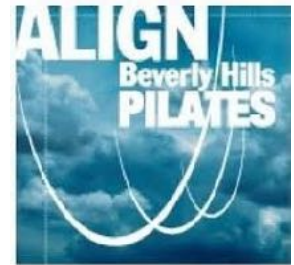
Barrels = 16 NPCP CECS

Pregnancy = 16 NPCP CECS

WEST COAST:

Beverly Hills, CA

PILATES TEACHER TRAINING:



Location

Redondo Beach, CA

Studio

Shape Shift Pilates Studio

Address

730 S. Pacific Coast
Highway Ste. 101
Redondo Beach Ca
90277

Contact

(310) 378-4455
www.shapeshiftpilates.com
shapeshifttraining@gmail.com
e.a.lutz13@gmail.com

Instructor Information

Erin Lutz
&
Gina Brutti
NPCP ID# 13548

Class Schedule

Tuesday & Friday
4:00 - 8:00pm

WEST COAST:

Redondo Beach, CA:

Workshops:



Location

.....
Culver City, CA

Territory Available

Address

.....
Contact

.....
Instructor Information

.....
Class Schedule

WEST COAST:

PILATES TEACHER TRAINING:

Culver City, CA

Location

San Diego, CA

Studio

Propel Pilates

Address

16769 Bernardo Center Dr., San Diego, California 92128

Contact

858-673-4455
www.PropelPilates.com
rickettkaren@yahoo.com

Instructor Information

Karen Rickett
NPCP ID# 12578

Class Schedule

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WEST COAST:

PILATES TEACHER TRAINING:

San Diego, CA



Location

Upland, CA

Studio

The Claremont Club

Address

1777 Monte Vista Avenue
Claremont, California, 91711

Contact

(909) 440 9227

lvenger@claremontclub.com

<https://www.claremontclub.com/pilates/>

Instructor Information

Layne Garner

Class Schedule

*Graduates of a Comprehensive Program that **INCLUDES Barrels will meet criteria for, and be prepared to take, the Nationally Certified Pilates Exam (NPCP) (Formerly known as the Pilates Method Alliance Certification Exam™ for a NPCP-CPT®) Comprehensive*

WEST COAST:

PILATES TEACHER TRAINING:

Upland, CA

Fundamentals: (required) Digital Download

<https://digital.pilatessportscenter.com/>

Course:

Monday/Wednesdays 10:30am - 2 :30pm

Mat Module:

April 9th-May 1st

Reformer Module:

May 29th- June 24th

Break (time to reset, study, work on hours)

July 10th- August 5th

Cadillac, Chair, Barrel: Begins September 2024, DTB



Location

Camarillo, CA

Studio

Pilates Body Art Fitness

Address

212 Village Commons
 B.lvd. Suite 11 & 13
 Camarillo, CA 93012

Contact

1.805.409.9433

victoria.pilatesbodyart@gmail.com

<http://www.pilatesbodyart.net/home.html>

Instructor Information

Victoria Haijazin

Class Schedule

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WEST COAST:

PILATES TEACHER TRAINING:

Camarillo, CA

WORKSHOPS:

Pilates Barrels Teacher Training Workshop

Date of workshop: TBD If Requested

Description: An internationally recognized Professional Pilates program. A Pilates Barrels Course may be added to any Full Program for eligibility to apply for the Certification Exam or to add to your repertoire of teaching. The course includes: the Pilates Spine Corrector, Small Barrel/Baby Arc, Ladder Barrel for a total of (approx.) 12 hours Price: \$400 (plus \$50 for test out if diploma is required)

Location

.....
Palm Desert, CA

Studio

.....

Address

.....

Contact

.....
(310) 686-6267
susie@susieg.biz
www.trainingingbysusieg.com

Instructor Information

Susie Gorman Green
NPCP ID# 14397

Class Schedule

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WEST COAST:

PILATES TEACHER TRAINING:

Palm Desert, CA

Location

Santa Barbara, CA

Studio

Arlunviji Transformative
Movement

Address

400 E. Canon Perdido Suite
A-1
Santa Barbara, CA 93101

Contact

(805) 682-2491
www.arlunviji.com
info@arlunviji.com

Instructor Information

Nikki Alstedter
NPCP ID# 10623

Class Schedule

Mondays
9:00am - 1:00pm
& Fridays 1:30-5:30pm

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be prepared to take, the Nationally Certified
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WEST COAST:

Santa Barbara, CA

PILATES TEACHER TRAINING:



Location

Carlsbad, CA

Studio

LOCATION AVAILABLE.

Address

Contact

Instructor Information

Class Schedule

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Certification Exam™ for a NPCP-CPT®)*

WEST COAST:

Carlsbad, CA: TERRITORY AVAILABLE

Location

San Francisco, CA

Studio

Soulful Pilates

Address

1501 Waller St., San Francisco, CA 94117

Contact

(415) 806-1589
www.SoulfulPilates.com
info@SoulfulPilates.com

Instructor Information

Veronique Dumont-Thoma

Class Schedule

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WEST COAST:

PILATES TEACHER TRAINING:

San Francisco, CA:



Location

Rocklin, CA

Studio

Studio Lotus

Address

Contact

Class Schedule

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WEST COAST:

PILATES TEACHER TRAINING:

Rocklin, CA:



Location

Las Vegas, NV

TERRITORY AVAILABLE

WEST COAST:

PILATES TEACHER TRAINING:

Las Vegas, Nevada: TERRITORY AVAILABLE

Studio

Address

Contact

Instructor Information

Class Schedule

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Location

Bellevue, WA

Studio

Bellevue Club /
Energize Pilates

Address

11200 SE 6th St. Bellevue, WA
98004

Contact

(206) 713-6196
www.EnergizePilates.com
EnergizePilates@gmail.com
BellevueClub.com/wellness/

Instructor Information

Nancy Black
NPCP ID: 13645

Class Schedule

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(Formerly known as the Pilates Method Alliance
Certification Exam™ for a NPCP-CPT@)*

WEST COAST:

PILATES TEACHER TRAINING:

Bellevue, WA:



Location

East Central, WA

Studio

Sevilla Bodyworks

Address

1203 S Cedar St, Spokane, WA
99204

Contact

509-994-8109

maria@sevillabodyworks.com

www.sevillabodyworks.com

Instructor Information

Maria Sevilla
NPCP ID: 11536

*Graduates of a Comprehensive Program that
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be prepared to take, the Nationally Certified
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(Formerly known as the Pilates Method Alliance
Certification Exam™ for a NPCP-CPT®)*

WEST COAST:

East Central, WA



Location

Portland, OR

Territory Available

Address

Contact

Instructor Information

Class Schedule

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WEST COAST:

Portland, OR:

NONE SCHEDULED

Location

TERRITORY
AVAILABLE!

Class Schedule

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Method Alliance Certification Exam™ for a
NPCP-CPT@)*

Location

Scottsdale, North Central & Arcadia, AZ

•Remedy Scottsdale
6949 E. Shea Blvd
Suite 115, Scottsdale,
AZ 85254
480-699-8160
kelly@remedypilates.com

•Remedy North Central
1219 E Glendale Ave., Suite 4, Phoenix, AZ
85020
Contact 602-549-6513 (cell)
kelly@remedypilates.com

•Remedy Arcadia
3629 E Indian School Road
Phoenix, Arizona 85018
602-237-6489
kelly@remedypilates.com

IG: remedypb
<https://www.instagram.com/remedypb/>

FB: <https://www.facebook.com/RemedyPilatesandBarre>

<https://linktr.ee/Remedypilatesandbarre>

<https://www.remedypilates.com>

Kelly Snailum
kelly@remedypilates.com
NPCP Cert #16676
BURN AT THE BARRE™ Master Trainer

Kaitlin Terman
kaitlinterman@gmail.com
BURN AT THE BARRE™ Master Trainer

Graduates of a Comprehensive Program that ****INCLUDES Barrels** will the meet criteria for, and be prepared to take, the Nationally Certified Pilates Exam (NPCP) (Formerly known as the Pilates Method Alliance Certification Exam™ for a NPCP-CPT®)

NPCP CECS in 2022:

- Mat = 16 NPCP CECS
- Apparatus = 16 NPCP CECS
- Barrels = 16 NPCP CECS
- Pregnancy = 16 NPCP CECS
- Scoliosis = 16 NPCP CECS

MOUNTAIN:

Scottsdale, AZ:

TEACHER TRAINING:

WORKSHOPS:

Wunda Chair Pilates Teacher Training Date of workshop: December 16th, 2020 – January 13th, 2021
Description: An internationally recognized Professional Pilates program that combines Classical and Progressive Pilates



CONTINUED.....

Location

Scottsdale, North Central & Arcadia, AZ

Remedy Scottsdale
6949 E. Shea Blvd
Suite 115, Scottsdale,
AZ 85254
480-699-8160

kelly@remedypilates.com

Remedy North Central
1219 E Glendale Ave., Suite 4, Phoenix,
AZ 85020
Contact 602-549-6513 (cell)

kelly@remedypilates.com

Remedy Arcadia
3629 E Indian School Road
Phoenix, Arizona 85018
602-237-6489

kelly@remedypilates.com

IG: remedypb

<https://www.instagram.com/remedypb/>

FB: <https://www.facebook.com/RemedyPilatesandBarre>

<https://linktr.ee/Remedypilatesandbarre>

<https://www.remedypilates.com>

Kelly Snailum

kelly@remedypilates.com

NPCP Cert #16676

BURN AT THE BARRE™ Master Trainer

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Location

Peoria, AZ

Studio

Pilates Sports Center

Address

Corp Headquarters:
24282 N. 78th Ave. Peoria
AZ 85383

Contact

818-231-0226
kellipsc@gmail.com

Instructor Information

Kelli Altounian - Director/Founder
Pilates Sports Center
NPCP #10285

Josh Smith
Emily Smith

Class Schedule

Comprehensive Program:

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NPCP CECS in 2022:

- Mat = 16 NPCP CECS*
- Apparatus = 16 NPCP CECS*
- Barrels = 16 NPCP CECS*
- Pregnancy = 16 NPCP CECS*

MOUNTAIN:

Peoria, AZ:

PILATES TEACHER TRAINING:



Location

Crested Butte, CO

Studio

Territory Available

Address

Contact

Instructor Information

Class Schedule

MOUNTAIN:

Crested Butte, CO

Location

DENVER, CO

MOUNTAIN:

Denver CO

Studio

Pilates on Broadway /
Pillar of Strength

Address

1485 S. Colorado Blvd
#310
Denver, CO 80222

Contact

(720) 941-8971
www.PillarofStrengthStudio.com
sixfeetsarah@yahoo.com

Instructor Information

Sarah Smysor-Panning
NPCP ID# 12227

Class Schedule

Comprehensive Program:

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Location

Ft Collins, CO

Studio

Raintree Athletic Club
Inside Out Pilates

Address

2555 S. Shields Street,
Fort Collins, Colorado
80526

Contact

(970) 218-6805
leecooper5@comcast.net

Instructor Information

Lee Cooper
NPCP ID# 12243

Class Schedule

Tuesday
2:00 - 6:00pm
and
Thursday
12:00 - 4:00pm

Comprehensive Program:

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be prepared to take, the Nationally Certified
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MOUNTAIN

Fort Collins, Colorado:

PILATES TEACHER TRAINING:



Location

Cedar Falls, IA

Studio

NRG PILATES

Address

1250 College Square
Mall, Cedar Falls, IA
50613

Contact

(319) 269-3759
www.nrgpilates.net
nicky@nrgpilates.net

Instructor Information

Nicky Miller
NPCP ID#15129

Class Schedule

Wed 8:00am-12:00pm
&
Friday 9:00am-1:00pm

Comprehensive Program:

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be prepared to take, the Nationally Certified
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CENTRAL

Cedar Falls, IA:

TEACHER TRAINING:



Location

Wichita, KS

Studio

Studio 54 Pilates & More

Address

9099 W. Central,
Wichita, KS 67212

Contact

(316) 265-9700
studio54pilates.com
amie@studio54pilates.com

Instructor Information

Amie Ross
NPCP ID: 20595

Comprehensive Program:

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CENTRAL:

Wichita, KS:

Pilates Fundamentals and Philosophy Workshop

WORKSHOPS 2021:



Location

Onalaska, WI

Studio

THE PILATES STUDIO

Address

1052 Oak Forest Drive
Suite 320
Onalaska, WI 54650

Contact

(608) 781-2656

TheStudio@PilatesStudioLaX.com

thestudio@pilatesstudiolax.com

Instructor Information

Heather Happel

Heather Froh

Comprehensive Program:

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CENTRAL

ONALASKAS, WI:

PILATES TEACHER TRAINING:



Location

Prairie Village, KS

Studio

STUDIO 7 PILATES +
BARRE

Address

7500 State Line Rd.
Prairie Village, KS
66208

Contact

Jocelyn Cohenour
913.259.7005

www.studio7pilates.com

info@studio7pilates.com

Comprehensive Program:

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CENTRAL:

Kansas City / Prairie Village, KS:

PILATES TEACHER TRAINING:

WORKSHOPS:



Location

Frisco, TX

Studio

Reform & Ride Pilates and Cycling Studio

Address

1125 Legacy Drive,
Frisco, TX 75034

Contact

972.576.7337
www.reformandride.com
beverly@reformandride.com

Instructor Information

Beverly Seitzinger
ID #16133

Class Schedule

Comprehensive Program:

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CENTRAL

FRISCO, TX

Teacher Training:

Workshops:



Location

Webster, TX

Studio

ME Body Studio

Address

945 East NASA Parkway,
Webster, TX 77058

Contact

(281) 984 7325

<http://www.themebody.com>

movewithkimberlycampos@gmail.com

Instructor Information

Kimberly Campos

Class Schedule

Comprehensive Program:

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CENTRAL

Webster, TX:

TEACHER TRAINING:

WORKSHOPS:



Location

Dallas/Fort Worth TX

Studio

Pops Gym / G50 Performance Training

Address

3212 Collinsworth
Fort Worth, TX 76107

Contact

Kadee Sweeney
kadeefit@gmail.com
818-605-8865

Instructor Information

Kadee Sweeney
NPCP Cert #12132

Class Schedule

Thursday 5-9pm
Friday-Sunday 9-5pm

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CENTRAL

Dallas / Ft Worth / Southlake, TX

PILATES TEACHER TRAINING:

Comprehensive Program:

2023 Spring/Fall

- Fundamentals/Mat: May 4th - 7th
- Reformer 1: May 18th - 21st
- Reformer 2: June 15th - 18th
- Cadillac: August 3rd - 6th
- Wunda Chair: September 14th - 17th
- Review & Testing: TBD
- Thursday 5-9pm / Friday-Sunday 9-5pm

\$5,900.00 (Mat & Apparatus)



Location

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Class Schedule

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Comprehensive Program:

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Location

Houston TX

Studio

My Well Balanced Life

Address

10215 Del Monte Drive
Houston TX 77042
850-499-8243

Contact

www.mywellbalancedlife.com
mywellbalancedlife@gmail.com

Instructor Information

Amanda Koch
NPCP ID: 12486

Class Schedule

Comprehensive Program:

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CENTRAL

Houston, TX:

PILATES TEACHER TRAINING:



Location
Austin, Texas

Studio
Hill Country Pilates Studio

Address
301 Trails End Rd
Driftwood, TX 78619

Contact
(646) 246-5226
hillcountrypilatesstudio@gmail.com
www.hillcountrypilatesstudio.com

[https://www.instagram.com/
bethdukleth/](https://www.instagram.com/bethdukleth/)

Instructor Information
Beth Honea Dukleth

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CENTRAL

Austin, TX:

PILATES TEACHER TRAINING:

Tuesdays and Thursdays 8:30 am - 12:30

Pilates Reformer Teacher Training

WORKSHOPS:



HILL COUNTRY
PILATES STUDIO



Location

Chicago, IL

Studio

Amplified Pilates Center

Address

309 W. Chicago Ave.
Suite 2 Chicago, IL 60654

Contact

847-271-9745
www.amplifiedpilates.com
angela@amplifiedpilates.com

Instructor Information

Angela Pawlicki NPCP ID: 11997

Class Schedule

Other Instructors at Location

Kiley Hearn
kiley@amplifiedpilates.com
NPCP ID 15343

Comprehensive Program:

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Location

.....
Louisville, KY

Studio

.....
Holly's Pilates Village

Address

.....
201 Meridian Ave. Louisville,
KY 40207

Contact

.....
(502)-409-4200
www.teachpilatesvillage.com
holly@pilatesvillage.com
teresa.pilatesvillage@gmail.com

Instructor Information

.....
Holly Holland NPCP #14141

Teresa Willis NPCP
#782566

.....
Comprehensive Program:

EAST COAST

Louisville, KY:

TEACHER TRAINING:



Location

Red Hook/Rhinebeck
& Catskill NY

EAST COAST

Red Hook/Rhinebeck, & Catskill NY:

Studio

TERRITORY AVAILABLE

Address

Contact

Instructor Information

Class Schedule

Location

Tinton Falls, NJ

Studio

Pilates Blast

Address

134 Broad street
Red Bank NJ 07739

55 N Gilbert Street -
Building #3 Suite
CB101,
Tinton Falls, NJ 07701

Contact

732 - 747 - 6388
www.PilatesBlast.com
info@PilatesBlast.com

Class Schedule

Comprehensive Program:

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EAST COAST

Tinton Falls, NJ / Red Bank, NJ



Location

Marlton, NJ

Studio

Pilates Plus a
Restoration Studio, LLC

Address

Monokian Dental
Building, 151 Greentree
Rd, Suite E, Marlton,
NJ 08035

Contact

856-304-5556
laurie@pilatesplusrestoration.com

Instructor Information

Laurie Weiner
NPCP ID#13687

Class Schedule

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EAST COAST

Marlton, NJ

TEACHER TRAINING:

WORKSHOPS:

Pilates Barrels Teacher Training

Date of workshop: TBA

Description: An internationally recognized Professional Pilates program. A Pilates Barrels Course may be added to any Full Program for eligibility to apply for the NPCP Certification Exam® or to add to your repertoire of teaching. The course includes: the Pilates Spine Corrector, Small Barrel/ Baby Arc, Ladder Barrel for a total of (approx.) 12 hours Price: \$400 (plus \$50 for test out if diploma is required) / CECs NPCP 16



Location

.....
Greenwood, IN

Studio

.....
Available territory

Address

.....

Contact

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Instructor Information

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Class Schedule

.....
Comprehensive Program:

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Location

Knoxville TN

The Guild - Pilates Plus

Address

3337 Sutherland Ave,
Knoxville, TN 37919

Contact

917 510 3690

www.TheGuildStudio.com

Cell: (310) 686-6267

susieg@trainingbysusieg.com

www.trainingingbysusieg.com

Instructor Information

Susie Gorman Green
NPCP ID#14397

Class Schedule

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EAST COAST

Knoxville TN

PILATES TEACHER TRAINING:



Location

Wellington, Florida

Studio

My Pilates Wellington

Address

13860 Wellington
Trace #8, Wellington,
FL

Contact

561 827 1481
mypilateswellington@gmail.com
MyPilatesWellington.com

Instructor Information

Elena Miller
NPCP ID#13552

Class Schedule

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be prepared to take, the Nationally Certified
Pilates Exam (NPCP) (Formerly known as the
Pilates Method Alliance Certification Exam™ for
a NPCP-CPT@)*

EAST COAST

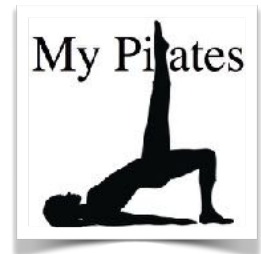
Wellington, Florida:

PILATES TEACHER TRAINING:

Date TBA

Title: Wunda Chair Pilates Teacher Training

Description: An international Pilates Program that combines
Classical and Progressive Pilates styles with modifications and variations. Creative
training and program development skills for any level of proficiency. Medical
anatomical terminology. Verbal and tactile cueing skills. Understand indications and
contraindications for specific injuries/ dysfunctions. Approx 2.5 weeks.



Location

Bluffton, SC

Studio

TruFit Pilates & Training Center

Address

Sheridan Park Circle,
Suite A, Bluffton, SC
29910

Contact

(843) 368-2314
www.truefitpilates.com
jennifer@truefitpilates.com

Instructor Information

Jennifer Wolfe
NPCP ID: 12057

*BURN AT THE BARRE™
Master Trainer

Class Schedule

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EAST COAST

Bluffton, SC:

PRIVATE PROGRAMS ARE AVAILABLE!
PLEASE CONTACT JENNIFER WOLFE



Location

Suwanee, Georgia

Studio

Core Pilates LLC

Address

7115 Palisades Pt. Suwanee, GA.
30024

Contact

706-825-6614
corepilatescv@gmail.com

Instructor Information

Charity Van Horn
NPCP #37077

Class Schedule

Class will be held from 2-6 pm on the days listed.

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EAST COAST

Pilates Fundamentals and Philosophy

Date of workshop: April 3, 2023

Description: An internationally recognized Professional Pilates program. An extensive alignment and cueing protocol from head to toe to cohesively instruct a client. This workshop is the basis of all of PSC's Teacher Training Programs. It includes the Pilates philosophies collected from many teachings and also covers terminology and basic anatomy. This is the "Nuts and Bolts" of all skilled teaching – Required for PSC's Mat Pilates Program and modules. **Price:** \$400

Mat Pilates Teacher Training (Mat and Small Apparatus Workshop)

Date of workshop: April 10, 2023

Description: An internationally recognized Professional Pilates program that incorporates Classical and Progressive styles. Mat Pilates is the foundation of any Pilates Program is a pre-requisite for the PSC Comprehensive Program (Reformer, Cadillac, Chair & Barrels). You will attend the first 3 weeks of a Full Program. 16 CEC's

Pilates Reformer Teacher Training (Large Apparatus Workshop)

Date of workshop: May 1, 2023

Description: An internationally recognized Professional Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Learn about the equipment and safety as well as anatomy modules throughout the program. Approx. 6 weeks 16 CEC's

Cadillac Pilates Teacher Training (Large Apparatus Workshop)

Date of workshop: June 21, 2023

Description: An internationally recognized Professional Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Learn about the equipment and safety as well as anatomy modules throughout the program. Approx. 3 weeks. 16 CEC's

Wunda Chair Pilates Teacher Training (Large Apparatus Workshop)

Date of workshop: July 10, 2023

Description: An internationally recognized Professional Pilates program that combines Classical and Progressive Pilates styles with modifications and variations. Creative training and program development skills for any level of proficiency. Medical anatomical terminology. Verbal and tactile cueing skills. Understand indications and contraindications for specific injuries/dysfunctions. Learn about the equipment and safety as well as anatomy modules throughout the program. Approx. 2.5 weeks. 16 CEC's

WORKSHOPS:

Pilates Barrels Teacher Training (Large Apparatus Workshop)

Date of workshop: August 14, 2023

Description: An internationally recognized Professional Pilates program. A Pilates Barrels Course may be added to any Full Program for eligibility to apply for the NPCP Certification Exam® or to add to your repertoire of teaching. The course includes: the Pilates Spine Corrector, Small Barrel/Baby Arc, Ladder Barrel for a total of (approx.) 12 hours (plus \$50 for test out if diploma is required) / 16 CEC's

International Locations

INTERNATIONAL

Tel Aviv, Israel: Ella Ben-Aharon
46 Salame Road (Derech Salame 46) Tel-Aviv,
66073 ISRAEL

<http://www.naim.org.il/english/>
EllaBenAharon@gmail.com



Seoul, South Korea: Yong Ho, Lim #204,
551-17, Yangcheon-ro, Gangseo-gu, Seoul,
Korea 07532 02-2065-7490

www.bodynox.com roiim@naver.com

Body Nox
BODY NOX PILATES